

WHAT IS A SNACK?

Snacks are anything that you eat or drink between regular meals.



How to Snack the Smart Way

Plan **healthy** snacks.

Time your snacks.

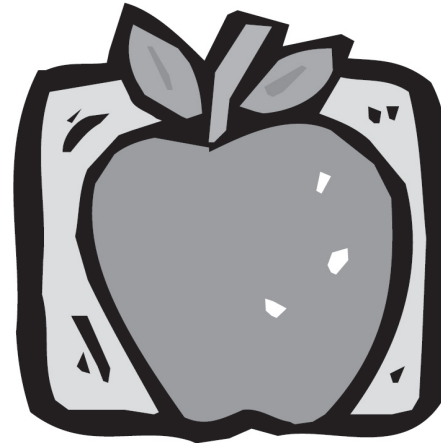
Eat **small**, not large, snacks.



Plan Healthy Snacks

Snack on foods such as these that are low in fat, salt, and sugar:

- fresh, frozen, dried, or canned (in its own juice) fruit
- low-fat crackers
- pretzels
- rice cakes
- raw or cooked vegetables
- bagels
- English muffins
- toast
- cereal
- yogurt
- low-fat or fat-free milk
- pudding



Time Your Snacks

Snack 1 1/2 to 2 hours before a meal.

Eat Small Snacks

Eating small snacks ensures that your body will not store extra energy as fat. This will also help you to still be hungry for your next meal. Try one or two of the following for your next snack:

1/2 cup canned fruit

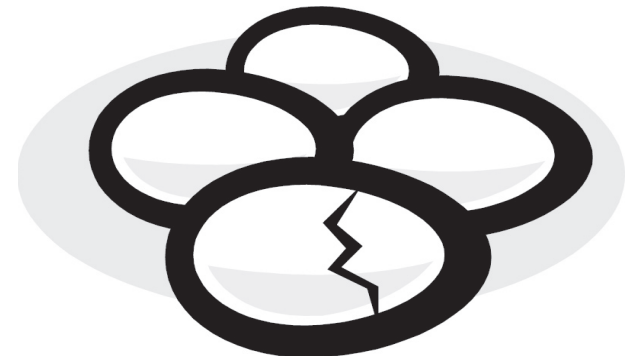
2 Tbsp. raisins

1 cup yogurt

1/2 sandwich

medium apple

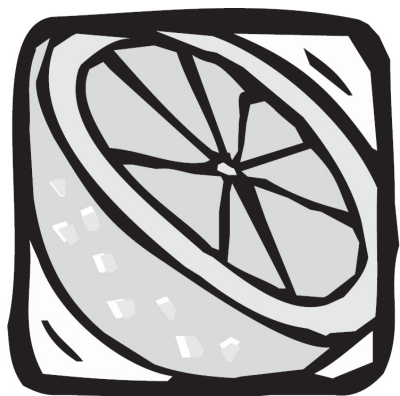
hard-boiled egg



Circle the number beside each food below that is a healthy snack.

- | | |
|------------------|------------------------|
| 1. carrot sticks | 6. hot dog |
| 2. potato chips | 7. cereal and milk |
| 3. donut | 8. peaches |
| 4. bagel | 9. crackers and cheese |
| 5. orange | 10. cookies |

Turn this page upside down to see the correct answers.



Answers: 1, 4, 5, 7, 8, 9

Healthy snacks may help you get lots of nutrients in addition to your regular meals.

So, try to:

Plan *healthy* snacks.

Time snacks.

Eat *small* snacks.

SNACK THE SMART WAY!



ML-002088 MAC 11/00

Developed by OPHN Nutrition Materials Review Committee